

10/14 Downtown binge & talked w Danielle

10/15 Ate 2 sandwich slices @ 5:30 a.m.

Hibiscus sugar water on break ~10

Fuji veggie, ginger sauce, Chipotle ricerito
after work; coconut smoothie juice. Ate while
drinking.

Pain in abdomen from dryness, no pool
out too much held in.

Mental health been ok.

Boundaries! E in hospital, synched 2 life
after another dry-out-dry spell-dry try.
Posts D on FB for some what inspo,
as if he needs a reminder... "I died text."
(abusive to self.)

I want to give up on giving up.
I care about being cared about.
I honor me.